

Old Fashioned Dressing

Makes: 10 servings

Ingredients

- 4 tablespoons** margarine or butter
- 2 cups** celery (diced)
- 1 cup** onion (chopped)
- 8 cups** bread cubes, dried from whole wheat bread
- 2 tablespoons** parsley (chopped fresh or dried)
- 1/4 cup** mushroom (sliced)
- 1 teaspoon** sage (ground)
- 3/4 teaspoon** poultry seasoning
- 1 teaspoon** black pepper
- 3 cups** broth, chicken or turkey

Directions

1. Toast bread cubes and set aside for later use.
2. Melt margarine or butter in medium size fry pan.
3. Add celery and onion; cook until tender, about 10 minutes.
4. Add parsley, mushrooms, seasoning and broth. Cook for 5 minutes.
5. Remove from heat and add the toasted bread cubes. Cover and let stand 10 minutes. Serve immediately.

Nutrition Information

Nutrients	Amount
Calories	140
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	210 mg
Total Carbohydrate	17 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

6. Refrigerate leftovers within 2 hours.

Source: Oregon State University Cooperative Extension Service, Pictorial Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program